

Taste of Home



Freezer Burritos

★★★★☆

These burritos go from freezer to plate in minutes without the extra salt and chemicals of store brands. Make a batch for quick dinners or late-night snacks—or even breakfast! — Laura Winemiller, Delta, Pennsylvania

TOTAL TIME: Prep: 35 min. Cook: 15 min.

YIELD: 12 servings.

Ingredients

1-1/4 pounds lean ground beef (90% lean)

1/4 cup finely chopped onion

1-1/4 cups salsa

2 tablespoons reduced-sodium taco seasoning

2 cans (15 ounces each) pinto beans, rinsed and drained

1/2 cup water

2 cups shredded reduced-fat cheddar cheese

12 flour tortillas (8 inches), warmed

Directions

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in salsa and taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 2-3 minutes. Transfer to a large bowl; set aside.
2. In a food processor, combine pinto beans and water. Cover and process until almost smooth. Add to beef mixture. Stir in cheese.
3. Spoon 1/2 cup beef mixture down the center of each tortilla. Fold ends and sides over filling; roll up. Wrap each burrito in waxed paper and foil. Freeze for up to 1 month.
4. **To use frozen burritos:** Remove foil and waxed paper. Place one burrito on a microwave-safe plate. Microwave on high for 2-1/2 to 2-3/4 minutes or until a thermometer reads 165°, turning burrito over once. Let stand for 20 seconds.



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